

Depression (AK 35-USDA 361)

Explain to Participant

You're enrolled in the WIC program today because of your history of depression. Depressed pregnant women tend to smoke more, go less often to their prenatal care appointments and have low birth weight infants. Depression and sometimes the medicines that are needed to treat it cause less and sometimes more appetite and weight gain.

Goal

The goal is to provide nutrition education and counseling to encourage depressed women to continue healthy eating habits, to refer to other health care and social service programs that may be of more direct assistance.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Eat a variety of foods from all the food groups every day.
Choose low fat foods like fruits, vegetables, whole grains and low fat dairy foods.
Ask your health care provider about exercise.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested

Foundation for Fitness for a Healthier You

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Daily Food Guide